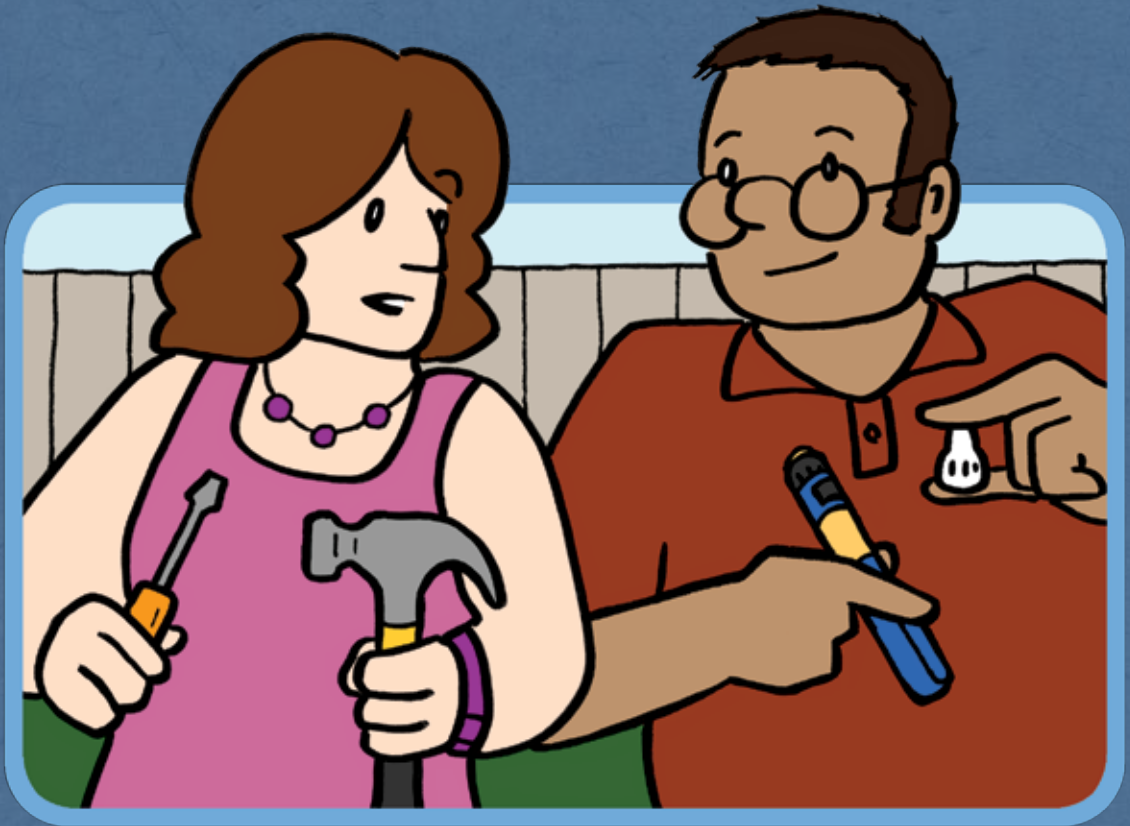




MASSACHUSETTS
GENERAL HOSPITAL

DIABETES SELF-MANAGEMENT
EDUCATION AND SUPPORT PROGRAM

Suzie & Ray



Just Another Tool for the Toolbox

An Introduction to Insulin
for People with Type 2 Diabetes



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MEET SUZIE

Suzie recently learned that she has type 2 diabetes, and she's not sure how to feel about it. She's trying to cook more meals at home, and she's taking cooking classes at her local community center. The Greek food classes are her favorite!



FUN FACT:

Suzie and Ray started out as neighbors and became best friends. Suzie's grateful to have him and his wife Lucia as her "support team" while she makes changes to her routine.

MEET RAY

Ray has been living with diabetes for several years, and he's made some healthy changes in his diet. In the summer, he loves playing backyard baseball with his nephew, JJ. Staying active in the rest of the year, though, is a challenge!



FUN FACT:

Family is the most important thing to Ray. He puts his energy into living a healthy life, and he hopes that he's inspiring his family to join in.

MEET THE FAMILY & FRIENDS

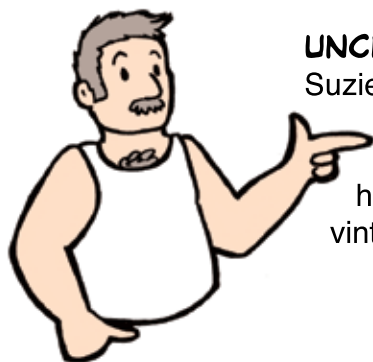


LUCIA

Ray's wife Lucia works in her family's restaurant downtown. She's taking a big role in helping Ray with meal planning. Don't mess with the chef!

PAOLA, JJ, AND BABY MAYA

Ray's sister Paola recently moved to the area so that Ray can watch his niece and nephew when she has to work late. JJ is an active six-year-old who loves sports—especially baseball and soccer—and helping take care of his baby sister, Maya.



UNCLE MARK

Suzie's uncle Mark was his town's handyman before he retired. Suzie worked in his shop when she was younger. She still hangs out with him and helps him restore vintage cars.

KAREN, CERTIFIED DIABETES EDUCATOR

Karen is a Nurse Practitioner and Certified Diabetes Educator. Ray started seeing her soon after he learned that he had diabetes. Together, they created a management plan that helped Ray lower his A1C. They make a good team!



THE TOOLBOX

A toolbox is how Ray thinks of all the pieces of his diabetes management plan. Each tool has a job in helping him stay healthy, just like how his regular toolbox has tools for taking care of his house. ... uh-oh, where is that box, anyway?

Just Another
Tool
for the
Toolbox

HI RAY!
HI LUCIA!
I'M HERE!

WITH THE
BEST HUMMUS
DIP EVER!

WHO'S READY
FOR A COOKOUT?

WE WILL BE,
IF THE GRILL WILL
EVER TURN ON!

C'MON,
BUDDY!

TRY CLICKING
ANOTHER HUNDRED
TIMES, RAY.

CAN I TAKE
A LOOK?

YOU'RE IN GOOD
HANDS, LITTLE GUY.
SUZIE CAN FIX
EVERYTHING!

(SIGH)
ALMOST
EVERYTHING.

I SAW MY
DOCTOR ON
TUESDAY.

WE'VE TRIED
DIFFERENT
MEDICINES FOR
MY DIABETES,
BUT ...

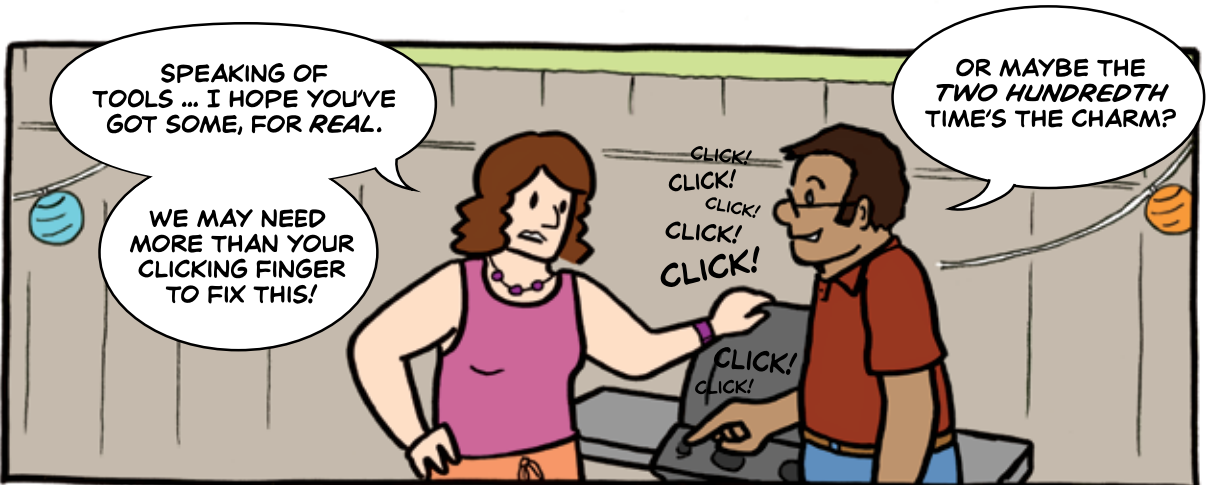
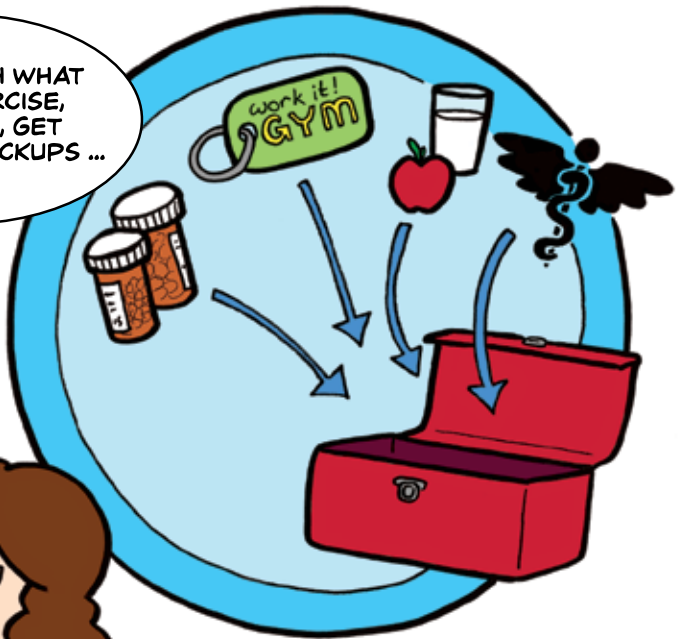
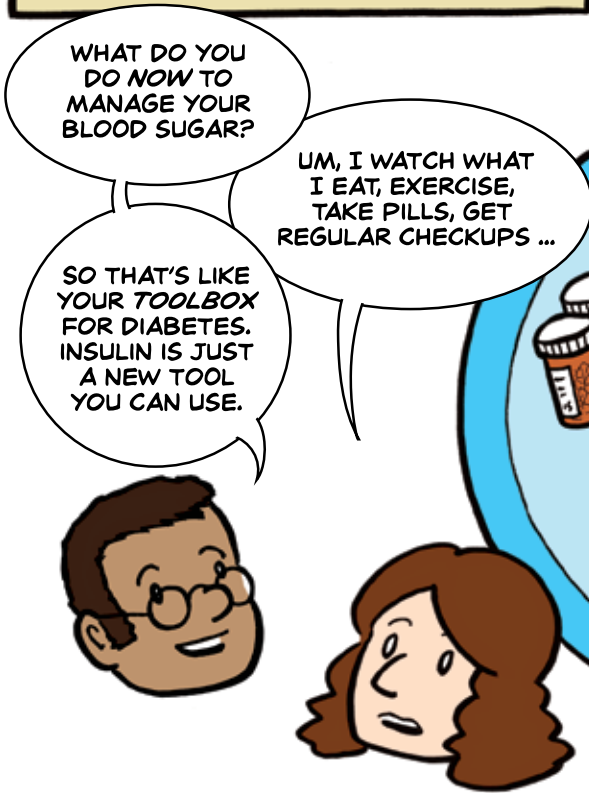
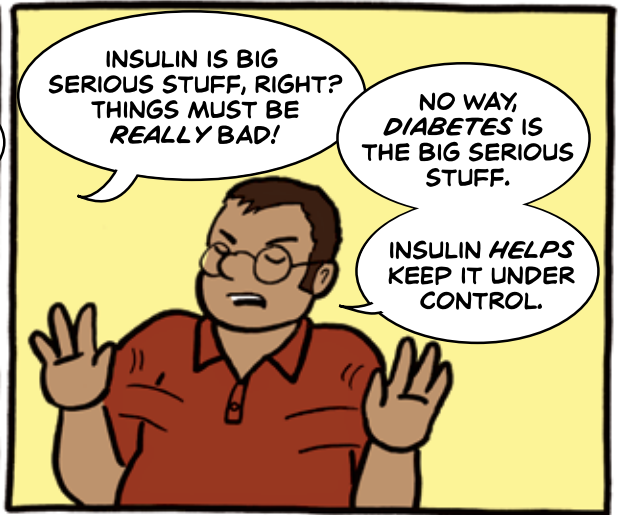
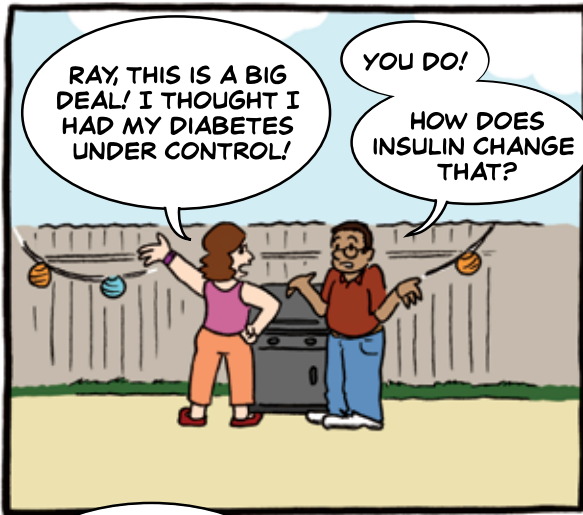
... THEY'RE NOT
WORKING THAT WELL.

AND NOW
I HAVE TO
TRY ...

... TAKING
INSULIN.

HUH, NO KIDDING.
WELL, I'VE BEEN ON
IT FOR A WHILE.

I'LL GET YOU
MY MAIL ORDER
PHARMACY INFO.
GOOD BARGAINS!



The Right Tool at the Right Time

MY TOOLS ARE IN HERE ... SOMEWHERE.

WHOA! WE NEED INDIANA JONES HATS FOR THIS!

HERE'S ANOTHER KIND OF HAT!

HA HA! GIMME!

SO YOU'RE ON INSULIN? YOU SEEM OK TO ME.

I THOUGHT THAT STUFF WAS THE BIG GUNS, THE VERY LAST OPTION.

I THOUGHT SO TOO!

THEN KAREN, THE NURSE EDUCATOR I SEE, SHE BROKE IT DOWN FOR ME.

EVERYONE NEEDS INSULIN! KAREN SAYS ...

INSULIN IS A THING YOUR BODY MAKES.

YOUR BODY TURNS SUGAR INTO A KIND OF FUEL CALLED GLUCOSE.

TO GET THAT FUEL, YOUR BODY'S CELLS NEED HELP FROM ...

... INSULIN! HE'S LIKE THEIR GLUCOSE DELIVERY MAN!

TYPE 2 DIABETES MEANS THAT YOUR BODY'S INSULIN ISN'T WORKING WELL OR THE CELLS AREN'T LISTENING.

TAKING INSULIN AS MEDICINE IS LIKE BRINGING IN BACKUP. IT HELPS THE DELIVERY MAN GET THE FUEL INTO THE CELLS.



LA LA, I CAN'T HEAR YOU



OK! I'M COMING!



AND I WENT ON INSULIN ... WOW, THREE YEARS AGO? ALREADY?

HEY! I FOUND THE TOOLS!



SO THAT'S WHY I PUT INSULIN IN MY "DIABETES TOOLBOX."

IT WAS THE RIGHT TOOL AT THE RIGHT TIME, NOT SOMETHING TO SAVE UNTIL LAST.



AND THIS IS IN YOUR REGULAR TOOLBOX BECAUSE ...?

MR. BEATS! THAT'S WHERE THE LITTLE GUY WENT!



**Learn How,
Practice, and
Get Better**

HMM ...
YOU SAID THIS
IGNITION BUTTON
BATTERY IS NEW?

YUP.

UH, ALL THE
GUESTS ARE HERE
... CAN I HELP
SPEED THIS UP?

YOU WANNA
HELP? FINE, I'VE GOT
ANOTHER INSULIN
QUESTION!

THAT,
I CAN
HANDLE!

SO, I NEED IT
'CAUSE MY BLOOD
SUGAR IS TOO HIGH.

BUT I'M WORRIED
IT'LL GO TOO FAR
AND MAKE MY BLOOD
SUGAR TOO LOW?

THAT CAN HAPPEN
WHEN YOU TAKE
TOO MUCH BY MISTAKE,
OR SKIP MEALS.

I'VE BEEN
THERE.

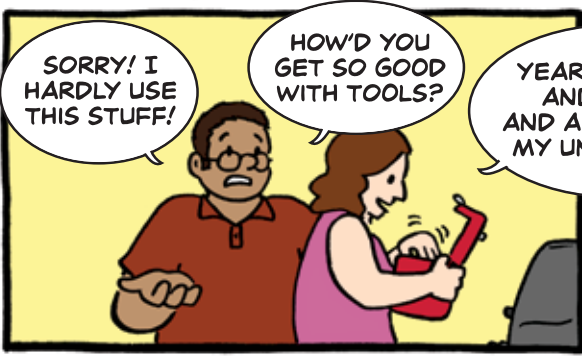
MAN, I
DON'T KNOW.

SO MUCH
TO LEARN.

I'M GONNA
SCREW UP AND
HURT MYSELF.

RAY! IS THIS AN
X-ACTO KNIFE WITH
NO CAP ON?

YOU'VE GOTTA
STORE IT RIGHT
OR YOU'LL HURT
YOURSELF!



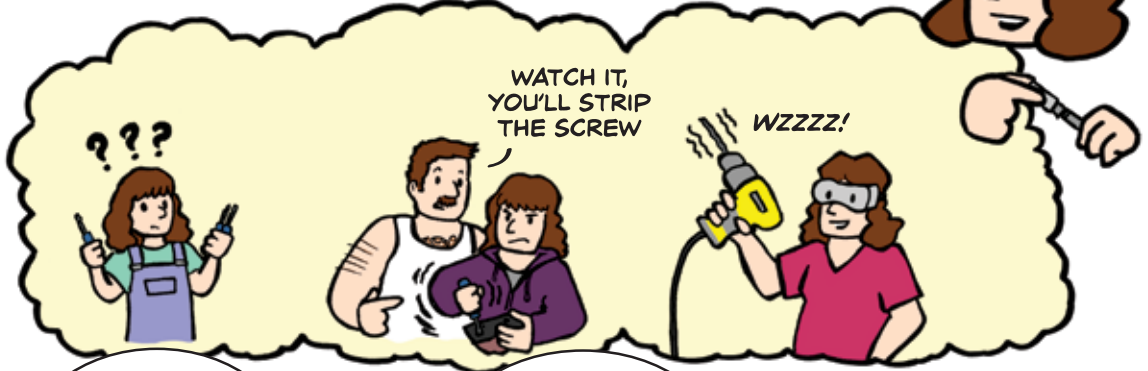
SORRY! I HARDLY USE THIS STUFF!

HOW'D YOU GET SO GOOD WITH TOOLS?

YEARS OF TRIAL AND ERROR! AND ADVICE FROM MY UNCLE MARK.

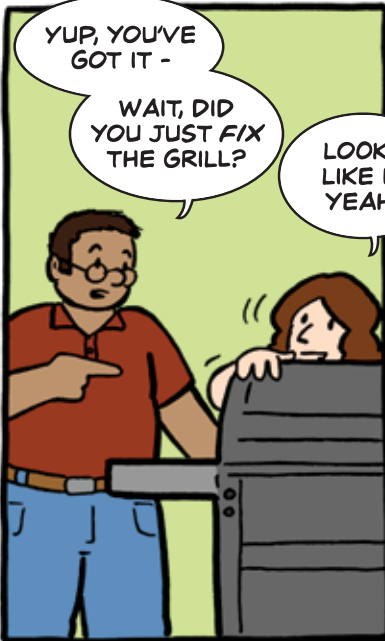
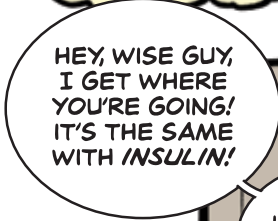
SO YOU HAD TO LEARN AND PRACTICE AND EVEN MESS UP SOMETIMES.

OH YEAH! YOU SHOULD HAVE SEEN ME!



WATCH IT, YOU'LL STRIP THE SCREW

WZZZZ!



YUP, YOU'VE GOT IT -

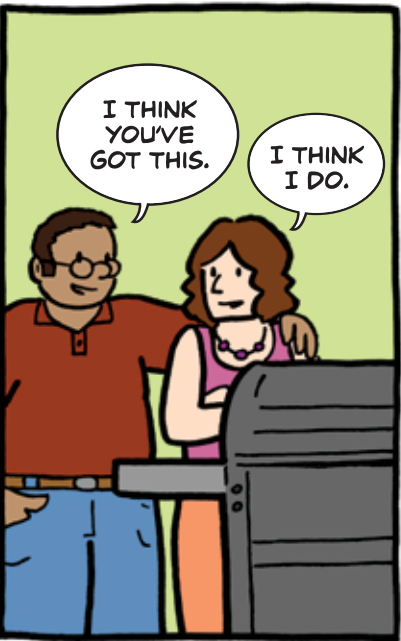
WAIT, DID YOU JUST FIX THE GRILL?

LOOKS LIKE IT, YEAH!



I THINK YOU'VE GOT THIS.

I THINK I DO.



**Taking Care
of your
Whole
Health**

WE DID IT!
THIS GRILL IS BACK IN ACTION!

YES!
I'LL GET THE FOOD GOING!



SO GLAD I SAVED MY DIET'S "DAY OFF" FOR TODAY!

PORK!
POTATO SALAD!
PIGEON PEAS!

NOT LIKE THAT DIET WILL HELP ME NOW ...

THANKS, INSULIN!

HUH?

I WAS TELLING RAY: MY DOCTOR SAYS I SHOULD GO ON INSULIN. THAT STUFF MAKES YOU GAIN A TON OF WEIGHT.

RAY DID GAIN A BIT OF WEIGHT AT FIRST, BUT IT WAS A GOOD SIGN - HIS BODY WAS GETTING TO A HEALTHY PLACE.

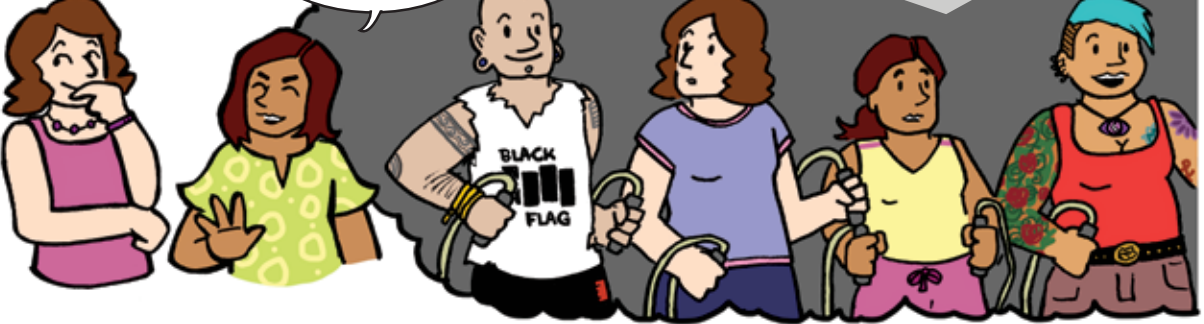
THE INSULIN WAS *RESETTING* HIS SYSTEM, YOU KNOW?

NEVER MIND YOUR PANTS SIZE - INSULIN'S GONNA BE GOOD FOR YOUR WHOLE BODY.

YOU'RE RIGHT. I KNOW BETTER WAYS TO LOSE WEIGHT!

NOOO, DON'T MAKE US GO TO ANOTHER PUNK ROCK JUMP ROPE CLASS!

A yeaahhhh!
rock rock
rock rock arrrrrgh!



The Fork in the Road

IT'S COOKOUT TIME!

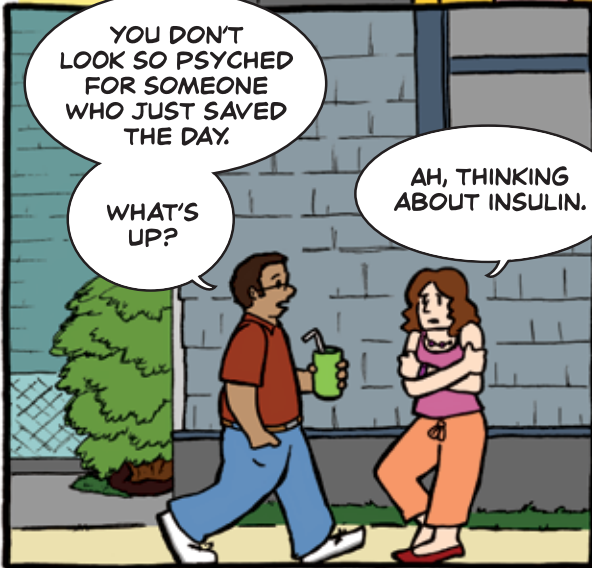
THANKS TO SUZIE FOR FIXING THE GRILL!



YOU DON'T LOOK SO PSYCHED FOR SOMEONE WHO JUST SAVED THE DAY.

WHAT'S UP?

AH, THINKING ABOUT INSULIN.



I TOOK CARE OF THE GRILL. ME!

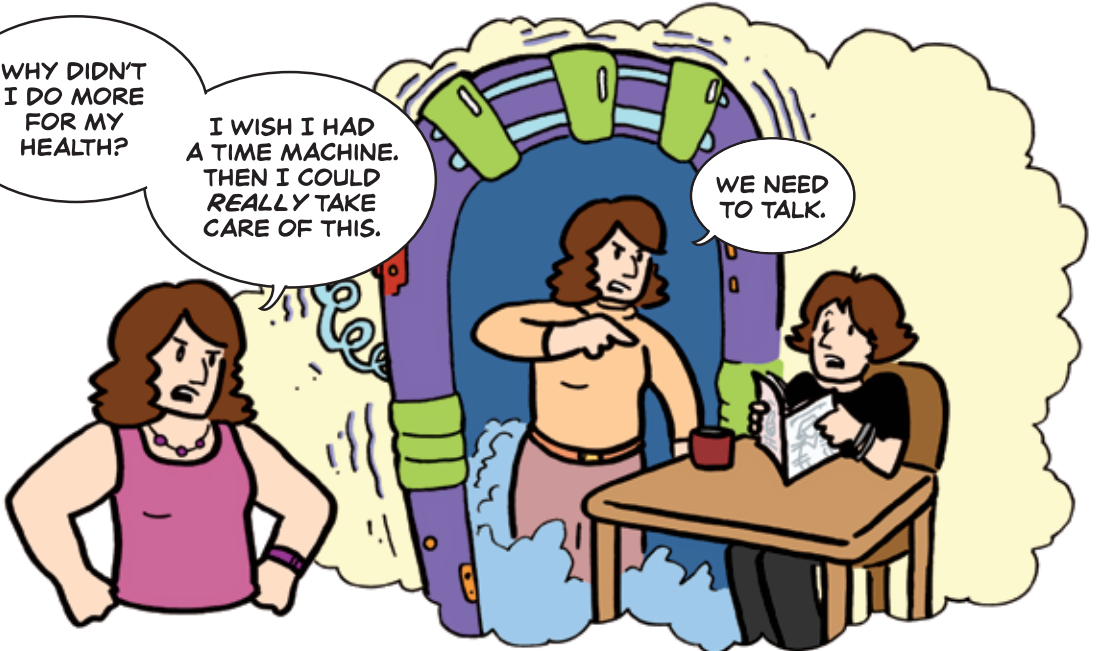
SO WHY CAN'T I TAKE CARE OF MYSELF?



WHY DIDN'T I DO MORE FOR MY HEALTH?

I WISH I HAD A TIME MACHINE. THEN I COULD REALLY TAKE CARE OF THIS.

WE NEED TO TALK.

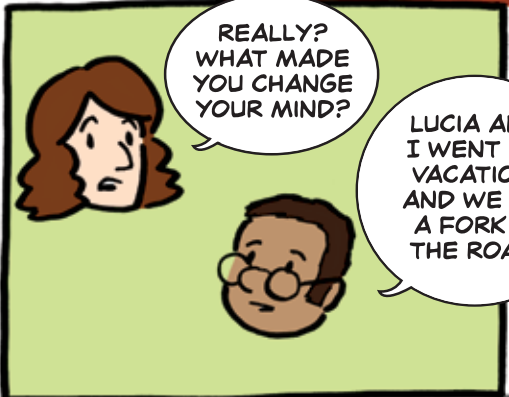


WHEN I WAS TOLD THAT I SHOULD GO ON INSULIN, I DIDN'T TAKE IT WELL.



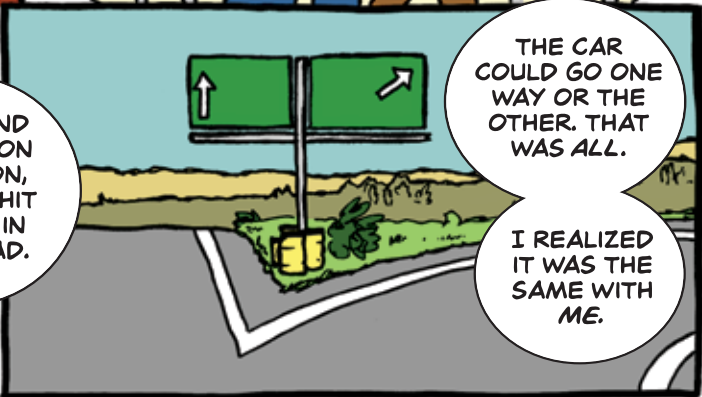
WHAT IF I GO TO THE GYM TWICE A DAY?

OR GOT A LIPOSUCTION?



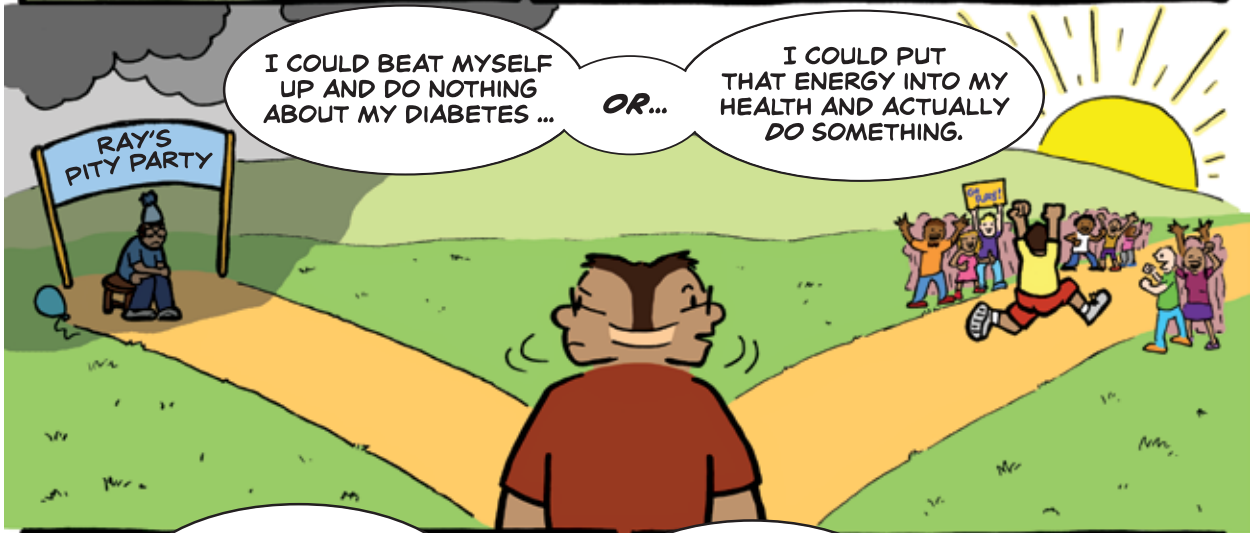
REALLY? WHAT MADE YOU CHANGE YOUR MIND?

LUCIA AND I WENT ON VACATION, AND WE HIT A FORK IN THE ROAD.



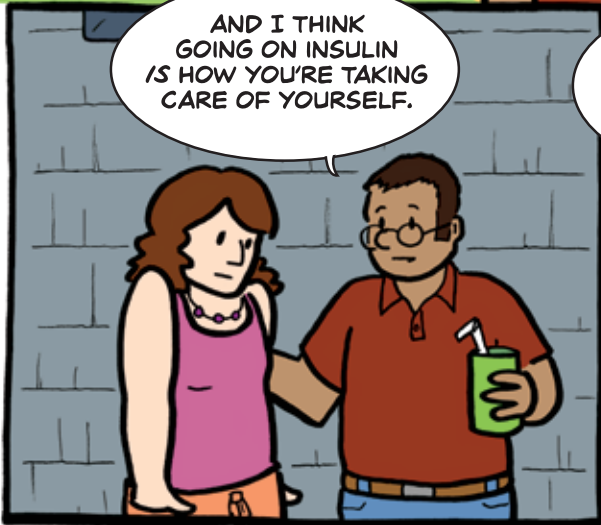
THE CAR COULD GO ONE WAY OR THE OTHER. THAT WAS ALL.

I REALIZED IT WAS THE SAME WITH ME.

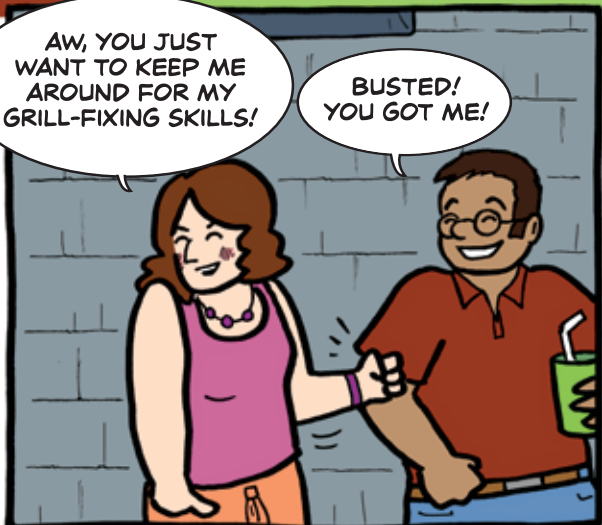


I COULD BEAT MYSELF UP AND DO NOTHING ABOUT MY DIABETES ... OR...

I COULD PUT THAT ENERGY INTO MY HEALTH AND ACTUALLY DO SOMETHING.



AND I THINK GOING ON INSULIN IS HOW YOU'RE TAKING CARE OF YOURSELF.



AW, YOU JUST WANT TO KEEP ME AROUND FOR MY GRILL-FIXING SKILLS!

BUSTED! YOU GOT ME!

Doesn't Even Sting

HEY RAY!
YOUR WIFE SAYS
THE FOOD'S READY.

GREAT!
JUST GOTTA
DO MY INSULIN
FIRST, THANKS!

UH, RAY?
CAN I LOOK ON
AND SEE HOW
IT'S DONE?

TIME FOR
ME TO GET
PREPARED!

I CAN DO THIS!

THIS AIN'T
NOTHING!

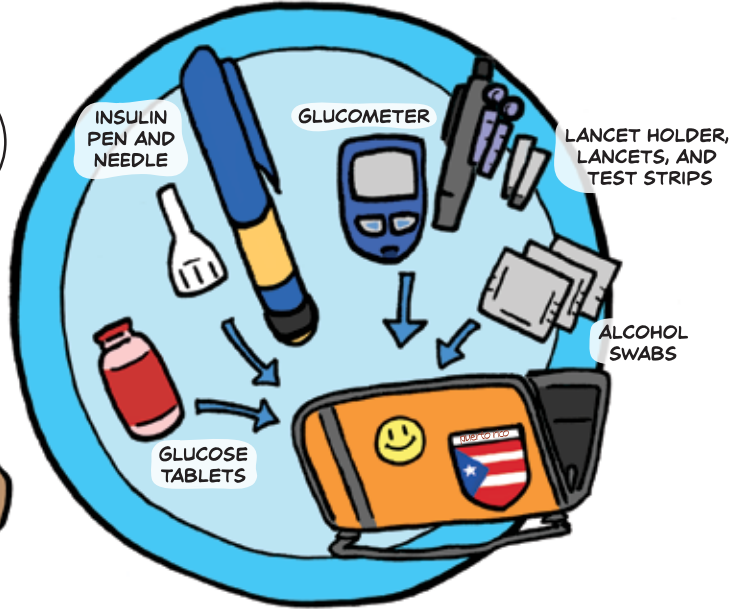
SHE'S SO
TOUGH!

WOW!

HERE
WE GO!

I USED TO USE
SYRINGES, BUT NOW
I USE INSULIN
PENS INSTEAD.

AW, I WAS
READY TO BE
AN ACTION
HERO!

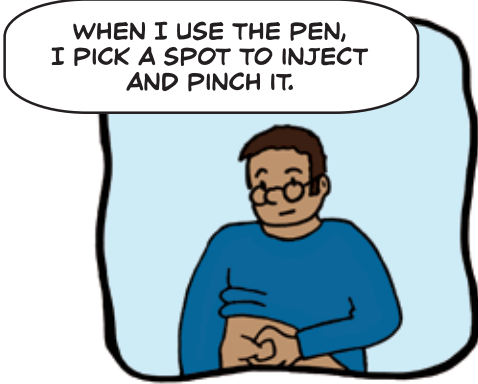


THE INSULIN'S
INSIDE OF
THE PEN.

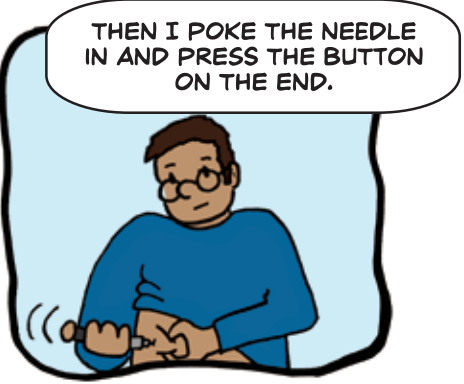
YOU PUT
ONE OF THOSE
NEEDLES ON
THE END.

THE NEEDLE
IS IN THIS
CASE?

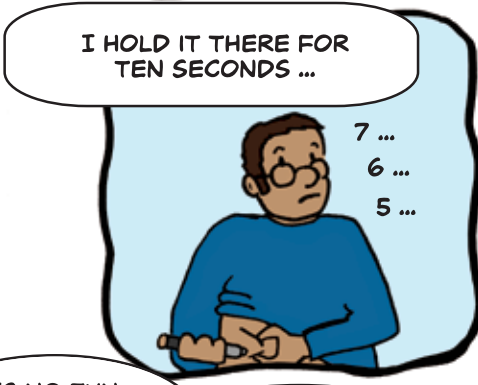
HA HA,
IT'S BITSY!



WHEN I USE THE PEN, I PICK A SPOT TO INJECT AND PINCH IT.



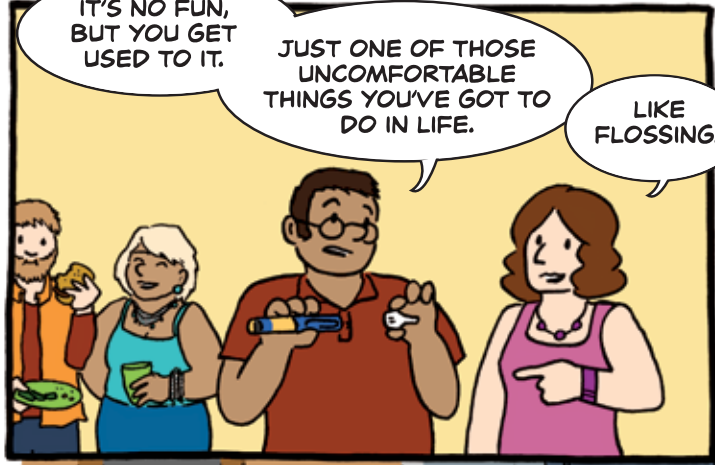
THEN I POKE THE NEEDLE IN AND PRESS THE BUTTON ON THE END.



I HOLD IT THERE FOR TEN SECONDS ...



AND THEN PULL IT OUT. IT DOESN'T EVEN STING!



IT'S NO FUN, BUT YOU GET USED TO IT.

JUST ONE OF THOSE UNCOMFORTABLE THINGS YOU'VE GOT TO DO IN LIFE.

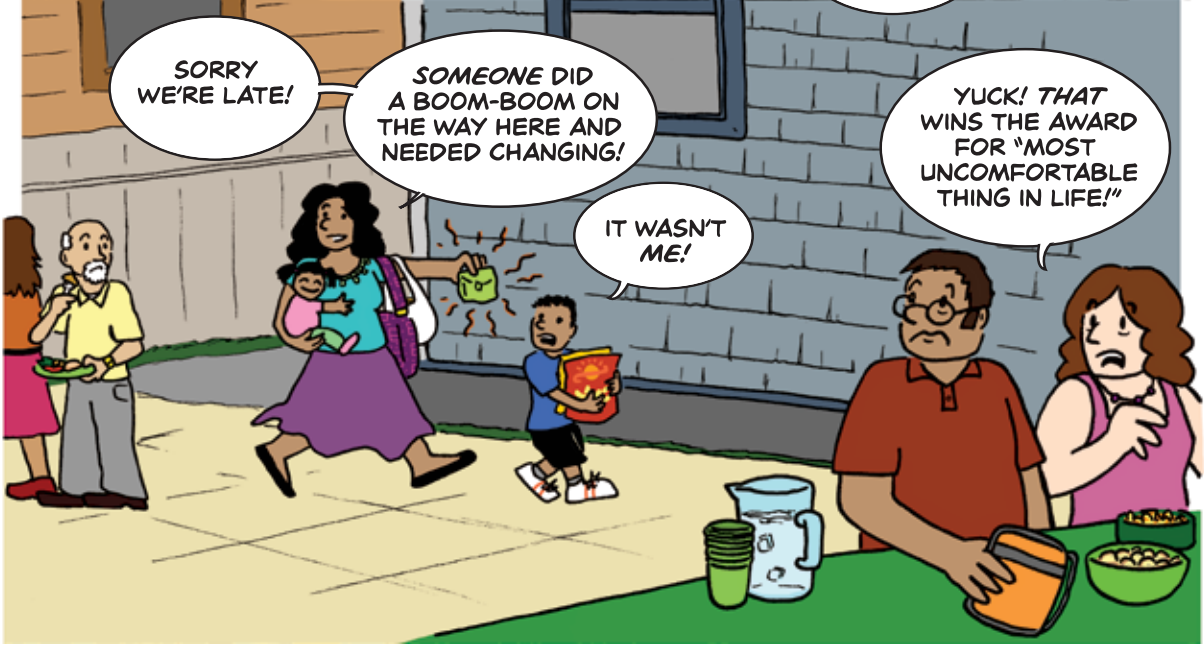
LIKE FLOSSING!



OR SHAVING!

OR CAR PAYMENTS!

OR SNOW SHOVELING!



SORRY WE'RE LATE!

SOMEONE DID A BOOM-BOOM ON THE WAY HERE AND NEEDED CHANGING!

IT WASN'T ME!

YUCK! THAT WINS THE AWARD FOR "MOST UNCOMFORTABLE THING IN LIFE!"

Juggling

- it can be done!

THE GLUCOMETER SAYS WHAT MY BLOOD SUGAR IS NOW. THEN I FIGURE OUT HOW MUCH INSULIN I NEED.

SO MUCH TO KEEP TRACK OF!

HOW DO YOU JUGGLE IT AND THE REST OF LIFE?

THE JUGGLING MIGHT ACTUALLY BE EASIER.

I'VE HAD MORE ENERGY SINCE I STARTED INSULIN.

LOTS OF PEOPLE HAVE DIFFERENT THINGS TO JUGGLE AROUND FOOD.

THIS PILL WITH DINNER ...

...THIS ONE A HALF-HOUR BEFORE BREAKFAST.

MEAL PLANNING FOR AN ADULT, A BABY, AND A SIX-YEAR-OLD

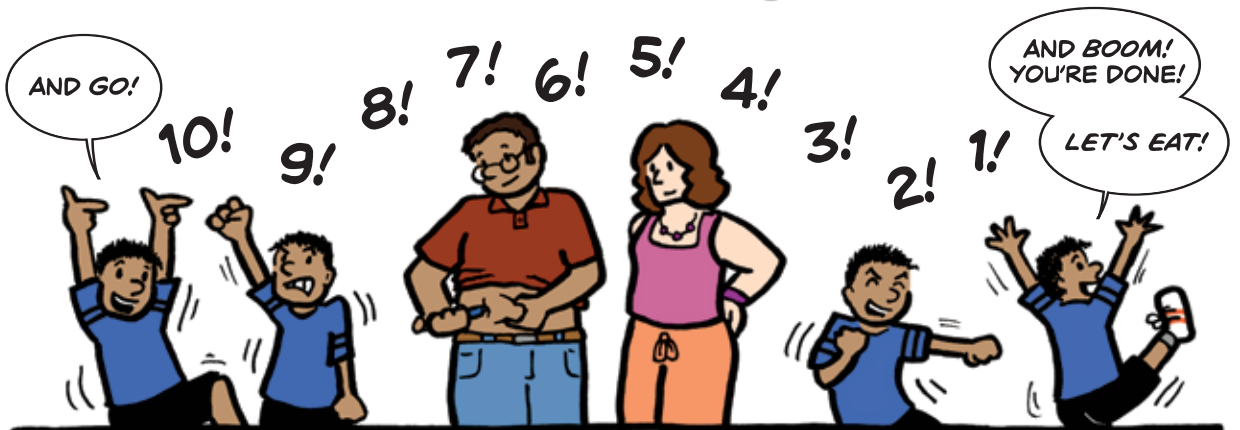
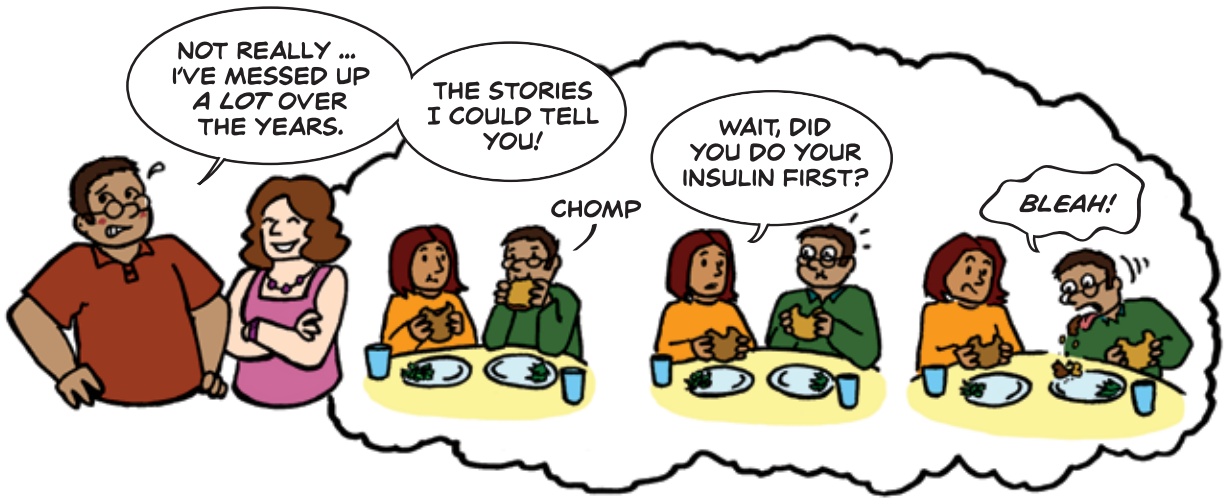
UH-OH, I'M ALLERGIC TO MOST OF THESE ...

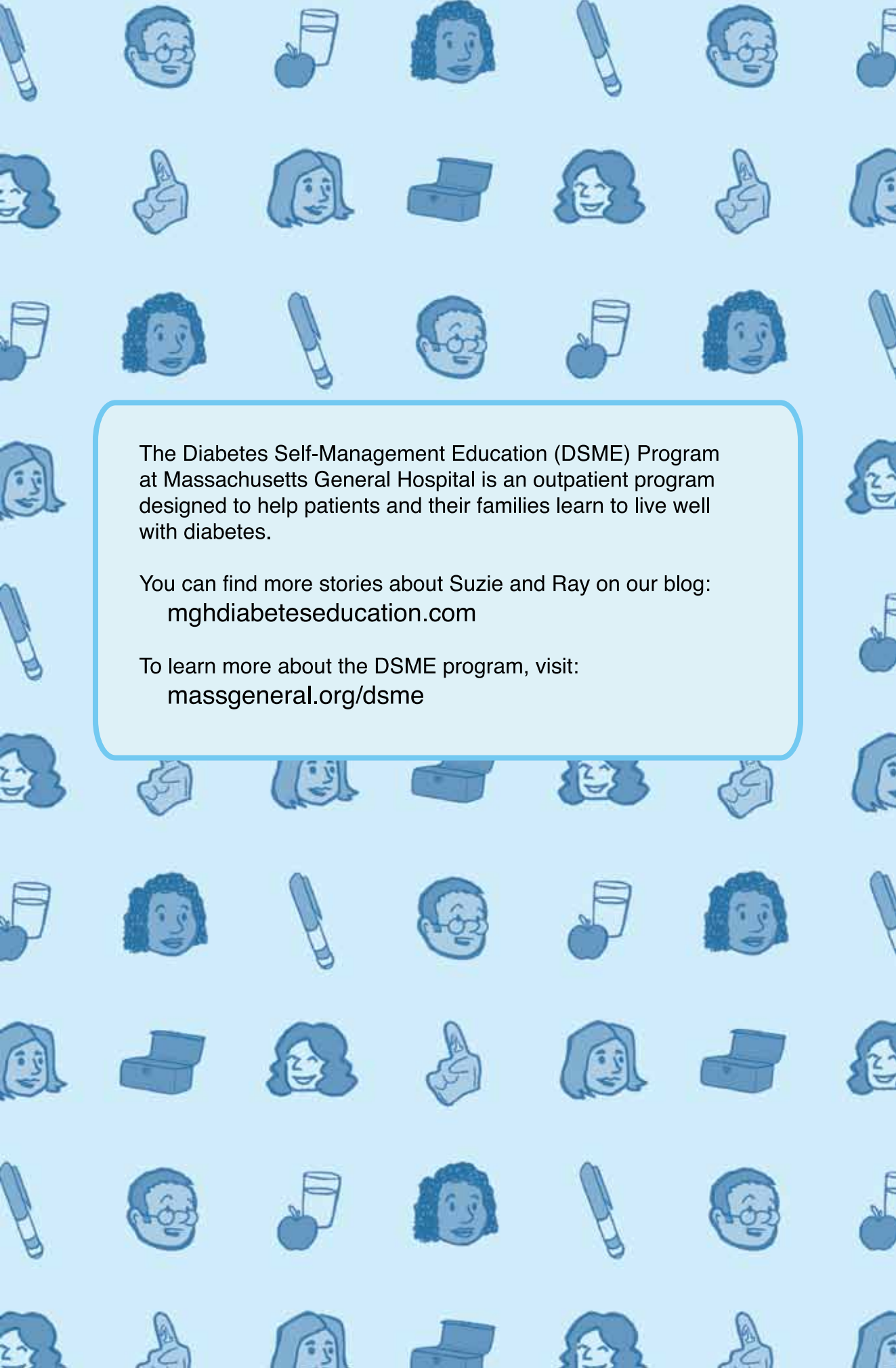
MAN, THIS STUFF JUST COMES SO EASILY TO YOU!

AND YOU CAN TRY SO MANY OPTIONS!

SHORT-ACTING
ONCE-A-DAY
OTHER MEDICINES

MR. PERFECT GUY WITH DIABETES





The Diabetes Self-Management Education (DSME) Program at Massachusetts General Hospital is an outpatient program designed to help patients and their families learn to live well with diabetes.

You can find more stories about Suzie and Ray on our blog:
mghdiabeteseducation.com

To learn more about the DSME program, visit:
massgeneral.org/dsme



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